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ABSTRACT

This book is for parents; it provides the facts about drugs that they need to know to talk honestly and directly with their kids about drugs. In "Part One: It's Up to You," the following topics are covered: (1) "Why Kids Get in Trouble;" (2) "It All Starts with You;" (3) "Parenting To Build Self-Esteem;" (4) "Violence in the Home and Community;" (5) "How the Media Sells the Allure of Drugs and Violence." "Part Two: Drug Information" provides help with the following topics: (6) "Spotting the Signs and Symptoms;" (7) "Gateway Drugs: Alcohol and Tobacco, Avoiding the First Serious Steps;" (8) "Marijuana, Pot Today Is More Dangerous Than You Think;" (9) "Inhalants: Danger Right under Your Nose;" (10) "Raiding the Medicine Cabinet;" (11) "Steroids and 'Sports' Drugs, A No-Win, Fast Way To Lose;" (12) "Illegal Stimulants: Cocaine, Crack, Meth;" (13) "Designer Drugs, Heroin, and Hallucinogens." "Part Three: Problem Solving" includes: (14) "My Kid Is on Drugs. What Should I Do?" (15) "Strategies and Smart Ideas for Raising Drug-Free Kids." A brief history of the D.A.R.E. program is provided. A glossary of drug-related terminology and a resource guide to hotlines and organizations are appended along with an index and chapter notes. (EMK)

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